# Tupelo Times

News and Events from the Missouri Department of Conservation • June/July/August 2015



## **MISSISSIPPI RIVER TRIVIA:**

#### YOUR BACKYARD RIVER!

ANSWERS ON BACK



How many sport fish utilize a river wetland during their life cycle?

A. 25%

B. 50%

C. 75%

Science



Enchanted by accounts of the rich diversity of Madagascar; the Amazon and other far away places; we too easily forget the riches that live all around our home.

-- Edward O. Wilson

Flat land where the Mississippi River has deposited sediment is called:

- A. Mississippi Alluvial Plain
- B. Longshore Lowlands
- C. Mississippi River Flatbottoms

Geology



In 1837 and 1838 the Cherokee Indians were forced to relocate to Indian Territory. They crossed the river north of Cape. What is the name of this tragic event?

- A. A Forlorn Hope
- B. Trail of Tears
- C. Walk of Woe

**Cultures** 



The largest catfish caught on the Mississippi is:

- A. 150 Lbs Blue cat
- B. 124 Lbs Blue cat
- C. 96 Lbs Blue cat

**Sports** 



Marquette and Joliet were the first Europeans to travel the Mississippi in 1673 from its source to as far south as:

- A. Ste. Genevieve
- B. Missouri River
- C. Arkansas

History



What local island did Merriwether Lewis set foot on - and in low water you can too?

- A. Tower Rock
- B. Cape Rock
- C. Devil's Island

Geography



Missouri native and artist Gary Lucy paints scenes of:

- A. life on the big rivers
- B. hunting and fishing
- C. barns and farms

Art



Pre-European mound builders navigated the river in:

- A. Keelboats
- B. Dugout Canoes
- C. Piroques
- D. All of the above

**Transportation** 



# Volunteer Corner

#### **New Faces and New Directions**

You will notice some new faces at the Nature Center! Please welcome our new volunteers who completed their training and orientation. They are eager to help out and are a great addition to the Nature Center team.

This summer we are expanding our volunteer opportunities to include 14 – 17 year old youth. This is a great chance for a budding naturalist to explore this career path. Our young volunteers will help with programs and events at the Nature Center and have the opportunity to learn about conservation, wildlife management, and outdoor skills. They will also get to share their passion about the outdoors with younger children and serve as role models and mentors. So what will they REALLY do? Possibilities include maintaining hiking trails, teaching fishing skills, counting insects as part of a research project, monitoring bird behavior-the list goes on and on. If you know a young person who loves the outdoors and wildlife, this experience may be just the thing for them. Encourage them to apply as a volunteer and explore the world of being a naturalist.

The Cape Girardeau Conservation Nature Center is currently taking applications for volunteers in the following four areas. Following acceptance into the program, new volunteers attend training classes and receive hands-on preparation according to their interests and involvement.

**Conservation Ambassador** – Welcome visitors; help people find information and register for programs; assist with nature shop sales and equipment loan.

**Conservation Naturalist** – Assist with and present programs for youth and adults; help create new activities and discovery stations for events; represent the nature center at off-site community programs.

**Animal Care Assistant** – Feed, clean and care for various native amphibians, reptiles and fish on a weekly or monthly basis; occasionally set up new displays for live animals.

**Naturescaping Team** – Manage the native garden beds including mulching, weeding, transplanting and collecting seed; assist with public inquiries regarding the flowers and plants they see.

For more information or to receive an application, please stop in or contact Jamie Koehler at 573-290-5218 or <a href="mailto:Jamie.Koehler@mdc.mo.gov">Jamie.Koehler@mdc.mo.gov</a>.

-Jamie Koehler

Volunteer Milestones

100 Hours Hunter Beggs

200 Hours Felicia Fox Randy Windeknecht

> 2000 Hours Ome Hayward

New Volunteers
Hunter Beggs
Dee Froemsdorf
Madi Herrboldt
Tegan Mazurek
Haruna OHara
Karin Pelton
Michael Sexton
Caitlin Weible
Jillian VanZandt



#### **Kids' Club Program Information**

Tadpoles

(Shared nature experiences for 0-2 year olds and an attending adult.)



#### June

Saturday, June 27-9 AM or 10 AM

#### T is for Turtle

Home is where the shell is! Turtles are amazing reptiles whether they crawl on land or swim in the water. Bring your little ones to help them learn more and go on a walk to look for some local turtles. Ages 0-2. Registration begins June 2.

#### July

Saturday, July 25 -9 AM or 10 AM

**Bugging Out!** 

Insects are everywhere this time of year flying, fluttering, and feasting! Do you know why summer has so many insects buzzing around? We'll take the little ones outside to explore the busy world of bugs. Ages 0-2. Registration begins July 1.

#### **August**

Saturday, August 29 -9 AM or 10 AM

Slithering Snakes!

Slide right in to learn about our slithering friends! Snakes don't have legs and they don't even need them! That's right, they move along on their bellies. Discover more about these fascinating reptiles that live in our area with your little one. Ages 0-2. Registration begins August 1.

## Mudpuppies

for 3-6 year olds and an attending adult.)

#### June

Tuesday, June 9-9 AM or 10:30 AM Saturday, June 13-9:30 AM or 11AM

**Camping Capers** 

Always wanted to try camping but not sure if your child is quite ready? We'll go over camping basics and explore the gear needed for an outdoor overnight! Ages 3-6. Early registration begins June 2.

#### July

Saturday, July 11-9:30 AM or 11 AM Tuesday, July 14-9 AM or 10:30 AM

#### **Crawdad Craze**

What was that? A tiny lobster? A bug? We'll explore the world of the craftiest crustaceans in Missouri's waterways. Ages 3-6. Registration begins July 1.

#### August

Saturday, August 8-9:30 AM or 11AM Tuesday, August 11-9 AM or 10:30 AM

#### **Snake Sense**

Are snakes slimy? Why does a snake always stick out its tongue? Slither on in and get up close and personal with nature's most misunderstood reptile as we answer these questions and many more. We're going to have sssssso much fun you won't want to misssssss it!

Ages 3-6. Early registration begins July 15.

#### **August**

Friday, August 21-6:30-8:30 PM

**Camping Can-Do** 

Join us as we set up camp at the nature center. We'll help you learn the skills you need to go camping with confidence. We'll set up tents, build a fire, discuss cooking options, and go over other camping basics. Ages 7-11. Registration begins August 1.



**American Lotus** (Nelumbo lutea)

This aquatic plant is one of Missouri's largest and most spectacular wildflowers. It can be found in many of the wetlands and lakes throughout Missouri but is most commonly found in the oxbow lakes and sloughs of the big-rivers floodplains. The Native Americans valued this plant as an excellent food source. The sweet roots and seeds helped them to survive hard winters. Tender, young roots make a great addition to a salad while the more mature roots can be soaked and boiled in a stew like you would a

potato. The seeds can be boiled while green with a flavor similar to that of chickpeas and older seeds can be ground into flour.

#### Kid's Korner

Match these Mississippi Riverfish with the correct name.



American Fel



Alligator Gar



Pallid Sturgeon



Flathead Catfish

## Cape Girardeau Conservation Nature Center

2289 County Park Drive, Cape Girardeau, MO 63701 • mdc.mo.gov/capenaturecenter

## **JUNE**

#### TO REGISTER FOR A PROGRAM:

Programs are free. Call 573-290-5218 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

#### **Trail Trivia**

June 6 • Saturday • 9 AM—4 PM

No registration required (all ages)

Spend a couple of hours hiking and testing your nature knowledge to celebrate National Trails Day! Trek our trails and answer nature-related questions along the way. Stop by the nature center anytime to pick up your question sheet and then return to check your answers and claim your prize. Youth and adult groups welcome.

#### **Family Skills Sampler**

June 6 • Saturday • 10 AM-3 PM No registration required (ages 5+)
Have you always wanted to try archery, fishing, or canoeing? Here's your chance to "sample" each of these skills with the assistance of conservation staff. Opportunities are on a first-come, first-serve basis.

#### **Youth Basic Rifle Marksmanship**

June 8 • Monday • 5:30–9:30 PM and June 9 • Tuesday • 5 PM—dark Early registration begins April 15 (ages 11-15) This free comprehensive rifle basics course will zero in on the fundamentals novice shooters need to successfully gain the basic rifle skills needed to be a better shot. The first night at the Cape Nature Center will cover principles of rifle design, ammo selection, ballistics, shot selection, scopes and shooting positions. On the second night at Apple Creek Shooting Range, shooters will apply these fundamentals on the range in a fun and safe environment. Participants must have Hunter Education certification and an adult guardian must attend both sessions with the youth. Firearms and ammunition provided.

#### **Art Gallery-June**

Visit the nature center lobby in June to view Jeff Eftink's "Nature in Your Back Yard" exhibit - a photo collection of wildlife, flowers, and scenery that display the unique wonders of nature close to home.

#### **Naturalist Training Camp**

June 9-10, June 11-12, June 16-17, June 18-19, July 7-8 or July 9-10 8:30 AM-4:30 PM

Early registration begins May 15 (ages 7-11)
Do you think you could handle being a Naturalist?
Come see if you've got what it takes at this year's exciting camp. We will delve into unique habitats and experience the natural world from a new perspective.
Each parent/guardian may only register their own child. Participants may only attend one session.

#### Fly Fishing

June 13 • Saturday • 8:30–11 AM or 1-3:30 PM

Registration begins June 2 (ages 16+) Learn the basics of flyfishing or pick up a few new technical skills. We'll cover equipment selection and use, reading the water, matching the hatch, fly casting, fishing techniques, and essential knots. Fishing permit required. Flyfishing equipment available for loan.

#### **Father's Day Fish Fry**

June 20 • Saturday • 10 AM-12:30 PM Registration begins June 2 (ages 5+)
Come celebrate your father (or father figure) while we go over the basics of fishing. We'll learn to cast, tie a knot, bait a hook, and clean a fish. Afterwards we'll have a few fish recipes for you to try. Adult supervision required for ages 5-17. Attendees 16 and up must have a valid fishing permit.

#### **Nature's First Aid Kit**

June 27 • Saturday • 9–11 AM

Registration begins June 2 (ages 12+)

Native plants are not only beautiful but have many purposes. Many have healing qualities that can be used for gardening and outdoor woes. This hands-on class will include information about plants that can help with bug bites, sun burn, poison ivy and other complaints. We will be making some native plant based balms and infusions for you to take home.

#### **Archery Basics**

June 27 • Saturday • 9-11 AM or 12:30-2:30 PM

Registration begins June 2 (ages 12+)
Always wanted to try out archery but don't know where to begin? Maybe you've done it once before but want more details on the basics. If so this class is for you. We'll go over archery terminology, safety, equipment, and shooting tips. We'll end the class by stepping outside to work on our technique. Ages 12-17 are required to attend with an adult.

#### **GENERAL INFORMATION**

Cape Girardeau Conservation Nature Center is located in North Cape Girardeau County Park off Kingshighway just east of Interstate 55 at exit 99.

The Cape Girardeau Conservation Nature Center is operated through hunting and fishing license revenues and through the 1/8% "Design for Conservation" sales tax. There is no admission charge.

#### **BUILDING HOURS**

Tuesday–Saturday: 8 AM–5 PM Closed Sundays, Mondays, New Year's Day, Thanksgiving, day after Thanksgiving, and Christmas

#### **AREA HOURS**

Daily: Sunrise–10 PM in accordance with the Cape Girardeau County Park

#### **RULES AND REGULATIONS**

Nature center grounds and trails are closed to pets, horses, hunting, collecting, littering, fires, and alcoholic beverages. The trails are also closed to bicycles, jogging, in-line skates, skateboards, scooters, and motorized vehicles.

Phone: 573/290-5218 Fax: 573/290-5566

## Nature Art: Playing A"round" With Nature

June 27 • Saturday • 2-4 PM

Registration begins June 2 (ages 16+)

This month we're exploring nature using the ancient art form of paper quilling. We'll use simple strips of paper to re-create nature's forms.

Missourians care about conserving forests, fish and wildlife.

#### Free Fishing Weekend-June 6-7

This is your chance to try fishing without purchasing a permit first. Our annual Free Fishing Days are the Saturday and Sunday following the first Monday in June. Any person may fish state waters without a permit, trout permit, or prescribed area daily tag during Free Fishing Days.

Find MO Fish App - mdc.mo.gov/node/15421

## Cape Girardeau Conservation Nature Center

2289 County Park Drive, Cape Girardeau, MO 63701 • mdc.mo.gov/capenaturecenter

## **JULY**

#### TO REGISTER FOR A PROGRAM:

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#### **Naturalist Training Camp**

June 9-10, June 11-12, June 16-17, June 18-19, July 7-8 or July 9-10 8:30 AM-4:30 PM

Early registration begins May 15 (ages 7-11)
Do you think you could handle being a Naturalist?
Come see if you've got what it takes at this year's exciting camp. We will delve into unique habitats and experience the natural world from a new perspective.
Each parent/guardian may only register their own child. Participants may only attend one session.

#### **Shade Tree Walk**

July 11 • Saturday • 9:30–11 AM No registration required (all ages)
Trees provide a variety of benefits, including shade from the hot sun. This walk will highlight Missouri's majestic shade trees and their unique features for tree identification. Learn what trees can do for you and your backyard! The hike will be held on the White Oak Trace Trail, primarily on Ridgetop Trail, so please wear appropriate foot gear.

#### **Meet the Artist - Darlene Revell**

July 11 • Saturday • 2-4 PM

No registration required (all ages)

Meet Darlene Revell as she shares her passion for photography with her exhibit entitled, "Habitats and Hideouts." She enjoys nature photography and spends a lot of time close to home discovering the beauty in nature. Youth and adult groups welcome.

#### **Blood Drive**

July 15 • Wednesday • 1–6 PM Registration begins July 1 online (ages 16+) July is hot! Cool down and do something good at the same time! Schedule an appointment to donate blood. Blood supplies are critically low during summer; please consider donating. Walk-ins will be accepted, but donors are encouraged to register for appointment times at www.redcrossblood.org.

#### **Feeding Frenzy**

July 16 • Thursday • 1–2:30 PM No registration required (all ages)
Ever wonder what it takes to keep all of the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters. Youth and adult groups welcome.

We help people discover nature.

#### Nature Center at Night: Turtle Mania

July 16 • Thursday • 5-8 PM

No registration required (all ages)

Shelled, clawed, and scaled, turtles are some of the oldest creatures on earth. Stop by to learn about the species in our state and how these unusual beings survive. Live turtles will be present for viewing. Youth and adult groups welcome.

#### **Nature Art: Celebrating 10 Years**

July 16 • Thursday • 6-8 PM

Registration begins July 1 (ages 16+)

It's hard to believe that the Cape Nature Center has been open 10 years! This quarter's scrapbook layout will be one to showcase your favorite memories at the Nature Center.

#### **Insectigations**

July 18 • Saturday • 9:30 AM–12:30 PM No registration required (all ages)
Ever wondered about the different insects and why they look so strange? From the stag beetle's antler like jaws to the ant lion's body, insects come in all shapes and sizes. Join us as we investigate insect adaptations, take insect hikes, visit our insect zoo, and make crafts. Youth and adult groups welcome.

#### **Campfire Cooking**

July 25 • Saturday • 10–11:30 AM Registration begins July 1 (ages 12+) Everything always tastes better when it is cooked over an open campfire. Join us at the fire pit where we will talk about and try a variety of different ways to cook over fire. We will get a chance to taste some of our yummy handiwork at the end.

#### **Art Gallery-July**

"Habitats and Hideouts" is a collection of photography from Bollinger and Perry Counties by Sedgewickville resident Darlene Revell.

## Ask the Naturalist Q. Is it safe to eat the fish from the Mississippi River?

A. Yes.

The fish in the Mississippi River are safe to eat. There are a few limitations on some of the species once they reach a certain size. The reason for this is that larger fish have had longer to accumulate toxins in their bodies. Each year the Department of Health and Senior Services (DHSS) with the Department of Conservation (MDC), and the Department of Natural Resources (DNR) evaluates the health risks of eating the fish found in Missouri's waterways. They evaluate fish for dangerous chemical accumulations and put out an advisory which can be found at http://www.health. mo.gov/fishadvisory. If you worry about chemical accumulation, go for smaller legal sized fish. To put this in perspective fish all over the world have chemical accumulation in their bodies. Some of the most popular fish (tuna) have some of the highest amounts in their bodies. This does not mean that fish are bad for you but as with any food choice you must be selective. Fish is very good for you! In fact, the American Heart Association suggests eating two servings (3.5 oz each) of cooked fish a week. The omega-3 fatty acids found in fish are good for the heart and can improve heart health.

See the chart below to view which fish from the Mississippi River should be eaten in moderation: \*Serving size is 8 ounces (uncooked weight).

Weight):			
Species	Length (>)	Suggested	Possible
	greater than	Servings*:	Contaminant
Chh	AU C:	1	000-
Shovelnose	All Sizes	1 per month	PCBs,
Sturgeon			Chlordane,
			Mercury
Sturgeon Eggs	All Sizes	Do not eat	
Flathead,	>17 inches	1 per week	
Channel, &			
Blue Catfish			
Common Carp	>21 inches	1 per week	

## Cape Girardeau Conservation Nature Center

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#### Nature Center at Night: Mississippi – Our Backyard River

August 6 • Thursday • 5-8 PM

No registration required (all ages)
The Mighty Mississippi is right in your backyard! Ste.
Genevieve County to Dunklin County, the southeast
region touches about 250 miles of Mississippi river, yet
few of us know its stories and secrets. Visit our hands
on displays and come to the presentation at 6pm.
Youth and adult groups welcome.

#### **Nature Art: Paper Quilting**

August 6 • Thursday • 6-8 PM

Early registration begins July 15 (ages 16+)

Nature has inspired quilters to name their block
patterns such things as "Flying Bats", "Jack-In-The
Pulpit", "Flock of Geese", and "Turkey Tracks". We'll
be using paper to make our own nature inspired wall
hangings. Bring an 8" x 10" or bigger frame with glass
to protect your finished project.

#### **Mussel Mania**

August 8 • Saturday • 3-8 PM

Registration begins July 15 (ages 12+)
Get completely wet in a southeast Missouri stream to search for and identify freshwater mussels. Find out how they are different from clams in this fun, wet and hands-on program. Participants under 16 must be accompanied by an adult.

#### **Feeding Frenzy**

August 13 • Thursday • 1–2:30 PM No registration required (all ages)
Ever wonder what it takes to keep all of the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters. Youth and adult groups welcome.

## Trot Lining on the Mississippi River

August 13–15 • Thursday-Saturday • Times Vary

Registration begins April 1(ages 16+)
The Mississippi River offers some trophy catfishing opportunities. This three day workshop includes an evening with us learning about the Mississippi River, including how to navigate it and how to target catfish in its waters. Each participant will have the opportunity to set and retrieve their own trot line. This is an extremely effective method for catching catfish and is also a lot of fun. All boats and trot line supplies are provided for the course. Call 573-290-5730 to register.

#### Floatin' on the River

August 14 • Friday • 6-7:30 PM and August 15 • Saturday • 8:00 AM-2:30 PM Early registration begins July 15 (ages 16+) Enjoy a float from Trail of Tears State Park to Red Star Access on North America's largest river—the mighty Mississippi! Eat lunch on a sandbar and explore the river with expert guides. This is for experienced paddlers only and participants must attend the Friday night session about navigation, river flows, hazards, and other important information in order to participate in the float. \*Ages 12-15 may only participate as passengers.

#### **Art Gallery-August**

Don't miss the opportunity to view "The Nature of Color," a photography exhibit by Roxanne Cummings that celebrates each color of the prism found in natural Missouri.

#### **Native Plant Seed Collecting**

August 22 • Saturday • 9–11 AM Registration begins August 1 (ages 12+)
Native plants have many beautiful and clever ways of spreading their seed. Autumn is a great time to collect seeds from native plants for your spring garden. We will start with a presentation on seed collecting, preparation and storage then go on a guided tour of the gardens to see what seeds we can collect for you to take home.

#### **Hummingbird Banding**

August 29 • Saturday • 8 AM – NOON No registration required (all ages)
Hummingbirds are gathering around feeders, getting ready for their long journey south. Stop by and watch as hummingbird banders attempt to catch these little gems, gather data, and fit them with an ID band before releasing them. Youth and adult groups welcome.

#### **Discover Nature Fishing (Lesson 1)**

August 29 • Saturday • 9-11 AM Registration begins August 1 (ages 7-15)
Fishing is an excellent way for kids and families to have great outdoor enjoyment, to learn about conservation and to make memories that will reside for a lifetime.
Join us as at the nature center kid's fishing pond where we will conduct the first lesson of the four part Discover Nature Fishing program. During this portion, there will be demonstrations on equipment, casting and proper fish handling. All gear will be provided. Lesson 1 is a prerequisite to participate in the final three lessons. (Sessions 2-4 will be in the September newsletter.)

### **Coming in September**

#### **Day on the River**

September 12 • Saturday • 9 AM—4 PM No registration required (all ages)
Discover what the river has to offer you. Handson activities will teach you the importance of the Mississippi River and surrounding wetlands. This event is fun for the entire family featuring live river animals, Asian carp samples, and free boat rides on the Mississippi. Boat rides will take place every half hour (except from noon — 1pm) at Riverfront Park. Youth and adult groups welcome.

#### **Hunter Education**

(Ages 11 and up)

Step 1: Knowledge Session--complete <u>one</u> of three. •Self-Study Guide — (Free) Pick up a manual at one of our offices. Study, answer the review questions, and present it at the skills session.

•<u>Classroom Session</u> — (Free) Register at http://register-ed.com/programs/10 and attend a four-hour session of lecture.

•<u>Hunter Education Online</u> — (\$15 Fee) Visit http://mdc.mo.gov/node/9173 for an online course.

Step 2: Skills Session--Register for a skills session at http://www.register-ed.com/programs/missouri.

#### Thank You for donations of Time, Material, and Service

Natural items: Dan Hargraves and Doug Woodard

for purchase of paving stones
Jan Schneider and Randy Boeller
in memory of John Burton
Betty Sims in honor of Gavin Deneke
Charles Pancoast
in memory of William Masterson

## Educators Niche

#### **Insect Emporium Educator Workshop**

Insects have a reputation for being creepy, crawly, scary creatures. We'll illuminate some unique characteristics that make these animals interesting, and include information on identification, habitats and dilemmas facing insects. Participants will learn how to incorporate this information into their existing curricula. This workshop will be held at the Cape Girardeau Conservation Nature Center on June 10-12. Two hours of graduate credit is available from SEMO.

#### Swamp Stomp

Join us on a journey through the magnificent ecosystem of Mingo National Wildlife Refuge and learn about wetlands, their history and their future. Participants will learn how to incorporate this information into their existing curricula. This workshop will be held at the Mingo National Wildlife Refuge Visitor Center on June 16-18. One hour of graduate credit is available from SEMO.

#### **Outdoor Classroom Development Workshop**

Taking your class outside has been shown to improve test scores and lessen behavioral issues. Are you interested in creating an outside learning environment for your students? Participants will learn how to turn their existing school yards into wonderful outdoor classrooms and how to obtain resources to do the project. This workshop will be held at the Cape Girardeau Conservation Nature Center on June 30 and July 1. One hour of graduate credit is available from SEMO.

#### **Discover Nature Schools**

The Discover Nature Schools (DNS) program provides new and interesting curriculum that incorporates hands-on outdoor activities featuring Missouri ecosystems. Teaching students outside has been shown to help improve test scores and help with behavior issues. Each unit comes with excellent teacher and student guides. These materials are free to public, private, or homeschool educators. Grant monies are also available for field trips and supplies for K-12 teachers in the public or private school sectors.

#### **Nature Deficit Tidbit**

An ever-growing body of evidence supports the belief that nature is beneficial to us, yet parents are still often reluctant to let their children play outdoors. This can be explained in part by the psychological phenomena called the "recency effect". This means we remember best what we saw most recently. Today, we have 24/7 access to sensationalist headlines that describe abductions, animal attacks, and accidents. This fuels our fear of the outdoors. Let's put those into perspective. First, abductions, the U.S. experiences 115 "stereotypical" abductions annually. These are abductions of children by someone they do not know, and in which the child is held at least overnight, transported a distance, and killed or ransomed. While 115 is too many, it is still rare. Second, fewer than three people a year are killed by animals attacks (that's bears, cougars, wolves, and coyotes combined). Finally, we can reasonably predict that about 10,000 people will die in outdoor accidents a year. This number includes accidents involving cars and bikes, drownings, over-heating, hypothermia, plant or mushroom poisonings, snake bites, bee stings, lightening, horseback riding, hunting, skiing and snowboarding, recreational and playground equipment, and trees falling on people. Annually 2.5 million people die in the U.S. Over half of these are from heart disease, diabetes, and cancer. Reductions in these diseases are found in people who spend time outdoors. Additionally, people who spend time outdoors can have decreased issues with allergies, asthma, vision problems, and mental health. So, which is more dangerous to the well-being of our children, the outdoors or the couch?

For more information or to register, contact Bridget Jackson at 573-290-5858 ext 4464 or bridget.jackson@mdc.mo.gov.



#### Science

er channels, and floodplains are important habitat for many river species.

### Cultures

B. Trail of Tears
Walk the trail and see the river up
close at Trail of Tears State Park.

## Geography

A. Tower Rock CA
During low water, or by boat, you
too can set foot on the island.

## Trivia Answers

## Geology

A. Mississippi Alluvial Plain Visit Crowley's Ridge CA to look down on land where the Mississippi River used to flow!

## Sports

B. 124 lbs Blue Cat Wet a line or put in a boat at these CA's

> Seven Island CA Red Star Access Moore Access

### Art

A. Life on the Big Rivers See Gary Lucy's work "Inland Waterways: A Highway for our Heritage" at the SEMO River Campus.

## History

C. Arkansas
Camp near the river at Seventy-Six
CA to experience a night by the
river like Marquette's and Joliet's.

## **Transportation**

B. Dugout Canoes
Sign up for Floatin' on the
River to Kayak or Canoe the
Mississippi with us on
August 15th!

# FLOATIN' ON THE RIVER-AUGUST 15, 2015 CALL FOR MORE INFO OR TO REGISTER AT 573-290-5218

